OviTrack™ BASAL DIGITAL THERMOMETER by Vicks®

INSTRUCTION MANUAL

I. WHAT IS A BASAL TEMPERATURE?

A basal temperature is the normal body temperature of a healthy person immediately upon awakening after a restful nights' sleep. More precisely, it is the body temperature measured under so called basal conditions (12 hours after eating, after a restful sleep, no exercise, no emotional excitement, normal room temperature).

For optimum accuracy, your basal temperature should be taken at the same time every morning upon waking. Changes in basal temperature are related to changes in the female reproductive cycle. By taking your basal temperature daily and charting it, you can notice slight changes and patterns. These charts of your basal temperature, in addition to other information, can help you understand your menstrual cycle and ovulation. Recording and interpreting basal temperature changes is called the "Basal Temperature Method".

The Basal Temperature Method can be used to help in family planning. Charting of temperature and prediction of ovulation can be used to time sexual intercourse during fertile days to aid in increasing the likelihood of pregnancy.

II. CHARTING YOUR BASAL TEMPERATURE

By charting your basal temperature daily, you can see a pattern and notice the changes that occur in every ovulation cycle. You can record your daily basal temperature on the enclosed charts.

Keeping a charted record for at least three months will usually provide the information you need to determine your approximate day of ovulation during a regular menstrual cycle. Most women keep both the OviTrack® Basal Thermometer and Temperature Tracking Chart at their bedside, for convenience.

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QUICK START GUIDE for

OviTrack™ Basal Digital Thermometer by VICKS®

Model V955

FIRST TIME USE:

NOTE: To properly use this Basal Thermometer it is important to take your temperature at the same time each day. Typically this is best upon wakening before you experience any activity.

1. **Remove thermometer from case**
2. **Add probe cover**
3. **Turn on thermometer by pressing on/off button**
4. **Select location (oral or rectal)**
5. **Insert and wait until thermometer beeps**
6. **Remove and record reading on temperature charts**
7. **Discard used probe cover and wash probe tip (see care directions)**

Need Assistance?

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III. RECORDING BASAL TEMPERATURE

Please refer to the sample recording and blank temperature tracking charts enclosed. Prepare your chart following the example. Day 1 for each cycle is the first day of menstruation (your "Period"). Above the pre-printed days of the cycle enter corresponding calender dates. During your menstrual flow, it is not necessary to record temperature (unless you have short cycles). Instead, mark an X in each space provided to indicate the number of days your period lasts. Begin recording your basal temperature the first morning following the end of menstruation.

For each daily temperature, trace down the column below the cycle day until it intersects with your recorded temperature. Place a dot at the intersection. The number on the chart represents tenths of a degree. A notation should be made for any rise in temperature due to illness, emotional stress, or sleeplessness. Intercourse can be indicated by placing a circle around the dot of the appropriate day.

Chart your readings for at least three months in order to be sure that you have determined your approximate time of ovulation during any regular menstrual cycle. Careful temperature recording will help establish your particular pattern. Completed charts should then be presented to your physician or family planning counselor, who will assist you in accurately interpreting your results.

IV. IMPORTANT INFORMATION TO HELP YOU UNDERSTAND THE BASAL TEMPERATURE METHOD

Hormonal changes associated with ovulation produce a slight rise in a woman's basal body temperature, (approximately 0.5°F/0.3°C), as well as other recognizable signs such as changes in cervical mucus.

Learning to record and interpret basal temperature changes is known as the Basal Temperature Method.

By monitoring the basal temperature changes, couples, in conjunction with their physician or family planning counselor, may be able to determine when ovulation takes place. Monitoring other symptoms, such as cervical mucus changes, can assist in determining the fertile days prior to ovulation. When temperature changes are used in conjunction with other fertility symptoms, such as the cervical mucus, this is known as the Sympto-Thermal Method.

Determination of ovulation can be used to time sexual intercourse during fertile days to aid in the likelihood of achieving pregnancy.

Please note, use of the Basal Temperature Method only may not be effective in avoiding pregnancy.

V. THE FEMALE REPRODUCTIVE CYCLE

In order to understand the Basal Temperature Method it is helpful to review the basics of human female reproductive activity.

A. THE ROLE HORMONES PLAY IN OVULATION

At the beginning of each menstrual cycle, the pituitary gland secretes a hormone (FSH or Follicle Stimulating Hormone), that acts upon the ovaries to prepare for ovulation. As one or more follicles in an ovary prepare for ovulation, they secrete another hormone called estrogen, that prepares the uterus for pregnancy by causing the inner lining of the uterus to thicken.

Estrogen also causes some glands in the cervix to secrete a mucus discharge that is necessary for fertility.

This mucus changes the environment in the vagina to make it more favorable to sperm life and provides a medium in which the sperm move upward into the uterus. The mucus typically starts as a sticky substance. During the time of fertility, it becomes more liquid and plentiful usually attaining a consistency very similar to raw egg whites. Sometimes the mucus becomes so watery that it will no longer stretch like raw egg whites, but continues to produce sensations of lubrication or wetness at the outer lips of the vagina.

B. WHAT IS OVULATION?

At ovulation, the ovarian follicle releases an egg which is picked up by one of the Fallopian tubes and transported toward the uterus. In order for pregnancy to occur, the egg must be fertilized in the fallopian tube by sperm within 24 hours after ovulation. After 24 hours the egg disintegrates and cannot be fertilized.

C. AFTER OVULATION?

After ovulation, the ovarian follicle that released the egg secretes another hormone called progesterone. This hormone suppresses further ovulation. The progesterone continues to build the vaginal lining and maintains it after ovulation. It also causes the basal temperature to rise and the cervical mucus to thicken so much that it appears to dry up.

Ovarian progesterone secretion continues for approximately 14 days. When it stops, the inner lining of the uterus can no longer be maintained, so it is discharged off in a process called menstruation (your period), and the menstrual cycle starts again.

D. HOW TO DETERMINE THE DATE OF OVULATION?

By carefully taking basal temperatures upon waking and recording them on a chart, the characteristic rise in temperature after ovulation can be observed. The OviTrack™ Basal Digital Thermometer makes it easy to read and record the slight temperature variations which occur when ovulation has taken place.

This thermometer may be used as an oral or rectal thermometer. Since body temperature will vary with each site you should choose one method and stick with it.

VI. HOW TO TAKE ACCURATE BASAL TEMPERATURES

To obtain an accurate basal temperature, you must take your temperature when you first awake in the morning. For best results, this waking temperature should be taken at the same time each morning. Since any activity may tend to raise your temperature, do not get out of bed until you have taken your basal temperature. Postpone going to the bathroom, eating, smoking or drinking until after taking your basal temperature. Cold drinks lower mouth temperature; hot drinks, smoking and exercise cause higher readings. Using an electric blanket or heating pad can affect your basal temperature. If you use one, it should be kept at the same setting each night throughout the time you are taking your basal temperature.

SHOULD I USE THE ORAL OR RECTAL METHOD?

Since temperatures taken at different sites can vary, it is important to select one method and then take your temperature the same way everyday. You must use either the oral or rectal method. Using more than one method will provide inaccurate results, consult a professional if you are unsure which is best for you.

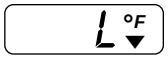
VII. TAKING YOUR BASAL TEMPERATURE

Select oral or rectal as your measurement based on professional recommendation.

Press the On/Off button to activate the thermometer. The digital display will show the following:

This is the LCD display test. This ensures all parts of the LCD are functioning properly.

The "L" with the flashing "°F" indicates the thermometer is ready to take a temperature reading.



ORAL METHOD

Do not drink hot or cold fluids, exercise, smoke, or perform other activities that will raise or lower temperature readings when compared to your normal, average temperature. The mouth should remain closed up to 5 minutes before attempting a reading.

1. Cover the thermometer's tip with a probe cover.
2. Place the sensor tip well under the tongue as indicated by the "✔" (see Figure 2).
3. When the peak temperature is reached (usually within 60 seconds), a beep signal will sound and the "°F" sign will stop flashing. The temperature is now ready to read and will not change when the thermometer is removed.
4. Turn the thermometer off by pressing the On/Off button. If you forget to turn it off, the thermometer will automatically turn off after approximately 10 minutes.
5. Dispose of used probe cover.

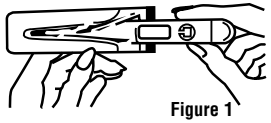


Figure 1

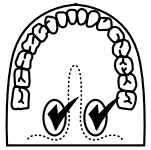


Figure 2

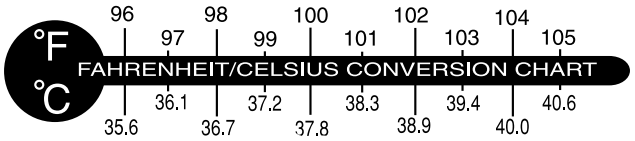
RECTAL METHOD

Once used rectally, the thermometer should not be used orally for sanitary reasons.

1. Put a cover on probe tip and lubricate with a water-soluble jelly for easier insertion. Do not use a petroleum jelly. Read the label of the lubricant to be sure you are using the right kind.
2. Gently insert the tip of the thermometer NO MORE THAN 1/2 inch into the rectum. If you detect resistance, stop.
3. When the peak temperature is reached (usually within 60 seconds), a beep signal will sound and the "°F" sign will stop flashing. The temperature is now ready to read and will not change when the thermometer is removed. Remember that the rectal method produces a temperature 1°F higher than a temperature taken orally.
4. Turn the thermometer off by pressing the On/Off button. If you forget to turn it off, the thermometer will automatically turn off after approximately 10 minutes.
5. Dispose of used probe cover.

VIII. TEMPERATURE RANGES (ORAL) BEFORE AND AFTER OVULATION

Your basal temperature before ovulation is usually in the range of 96.5°F to 98°F, (35.8°C to 36.7°C). The most frequent range is between 97.4°F to 97.7°F (36.3°C to 36.5°C). After ovulation the basal temperature rises about 0.5°F (0.3°C) and stays in that higher range until the beginning of the next menstrual period. The highest probability of conception is during the days immediately prior to ovulation as well as on the day of ovulation itself.



°F	95.0	95.5	96.0	96.5	97.0	97.5	98.0	98.5	98.6	99.0	99.5	100
°C	35.0	35.3	35.6	35.8	36.1	36.4	36.7	36.9	37.0	37.2	37.5	37.8

IX. OTHER IMPORTANT INFORMATION

Remember that the thermometer is designed only to help determine when ovulation has occurred. Mucus observations, as noted in Section V, " THE FEMALE REPRODUCTIVE CYCLE", can also be helpful when recorded as shown on the sample chart. Notation of these changes, in addition to your temperature pattern, will assist your physician or counselor in providing you with proper guidance.
It is commonly suggested that couples who have had difficulty in achieving pregnancy should not have intercourse more than once a day nor on consecutive days, in order to maintain satisfactory quantities of sperm. The most fertile time continues up through the first day of drying up of the mucus or the first day of temperature elevation, whichever comes later.

The temperature record should be maintained on a daily basis. If pregnancy is achieved, the basal temperature will remain elevated for several months. A temperature pattern that remains elevated for 21 days (a week or more than the usual elevated pattern) is a good indicator that pregnancy has been achieved. If you do not become pregnant after six months, see your doctor. **If you believe you are pregnant, see your doctor immediately.**

X. CARING FOR YOUR BASAL THERMOMETER

Do not soak the display area in water. Only the probe is waterproof. Do not clean the probe with boiling water. After use, clean the thermometer by wiping it with soap and water or rubbing alcohol (70% isopropyl alcohol). To prevent damage and contamination, store the unit in its protective case after each use. Do not store the unit in direct sunlight. Keep the thermometer in a dry, cool area and out of the reach of children. Do not attempt to disassemble the unit except to replace the battery.

CHANGING THE BATTERY

The battery provided with your thermometer will last for approximately 200 hours of normal use. When the « ▼ » flashes in the display's right, bottom corner, the battery needs to be replaced. Make sure a battery of the same type is on hand and proceed as follows: Pull off the battery compartment lid. Use a small "Phillips" screwdriver to remove the battery holder. Insert new equivalent battery type (1.55v, LR41 or SR41). Ensure battery is correctly positioned with the "+" facing up or towards the back of the unit. Carefully screw back into place and replace the battery compartment lid. Properly dispose of the old battery according to local regualtions. Your OviTrack™ Digital Thermometer is now ready for use.

WARNING

KEEP BATTERY OUT OF REACH OF CHILDREN. SWALLOWING BATTERY COULD BE HARMFUL. BATTERY SHOULD NOT BE CHARGED OR PLACED INTO EXTREME HEAT AS IT MAY EXPLODE.

XI. SPECIFICATIONS

Display:	Liquid crystal digital display
Readout time:	Approximately 60 seconds
Accuracy:	+/-0.15°F
Automatic Shut-Off:	After approximately ten minutes
Safety:	No glass to break
Guarantee:	Lifetime under normal use, battery excluded
Measurement range:	90.0°F to 109.9°F
Battery:	One 1.55V button size battery included, LR41 type or equivalent
Battery Life:	More than 200 hours of continuous use
Usage Temperature:	50.0°F to 104.0°F
Storage:	Case included; store in temperatures of -4.0°F to 140.0°F

THIS PRODUCT IS NOT FOR CONTRACEPTIVE USE

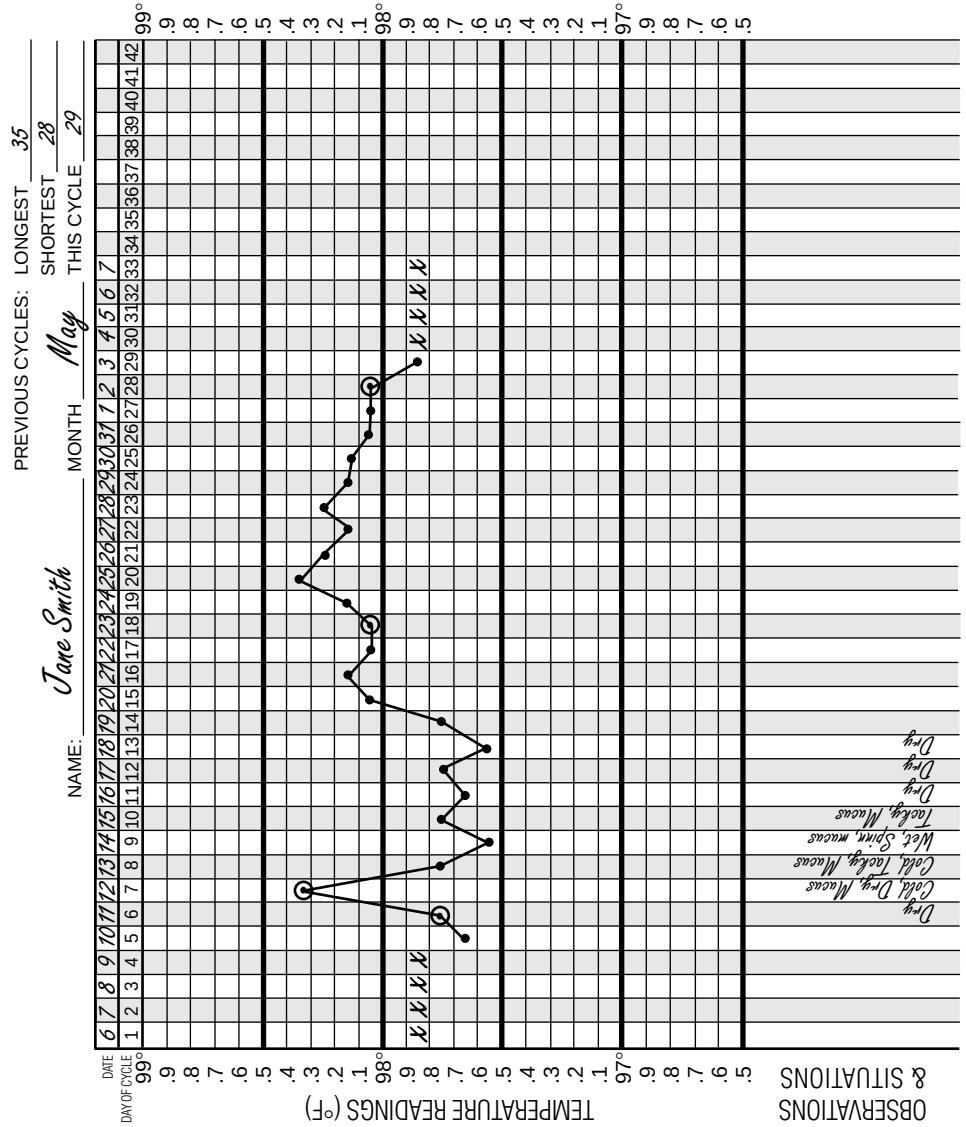
CAUTION

The effectiveness of the method outlined for seeking pregnancy depends on factors such as a woman's individual reactions, the accuracy with which daily temperatures and other symptoms are recorded, and the absence of outside factors which may affect body temperature. Consequently, no representation of any kind can be made by the manufactuer as to the reliability of the results obtained in any individual case, and the patient is urged to consult with and be guided by the advice of her physician or counselor in the use of the OviTrack™ Basal Digital Thermometer.

LIFETIME WARRANTY

Your OviTrack™ Basal Digital Thermometer is durable and manufactured for a lifetime of normal household use. Following directions carefully will ensure years of dependable operation. If for any reason (other than misuse or normal battery replacement) you are dissatisfied with your OviTrack™ Basal Digital Thermometer, we will repair or replace it at our option free during your lifetime.

If the thermometer does not function properly, first check the battery. Replace if necessary. If repair is necessary, call our Consumer Service Department at 1-800-477-0457, email consummerservice@kaz.com or write to Kaz, Inc., P.O. Box 544, Hudson, NY 12534, explaining just how the thermometer is improperly working. Our Consumer Service Representative will provide further instructions on how to correct the trouble yourself or will ask you to return the thermometer for repair or replacement.



EXAMPLE OF COMPLETED BASAL TEMPERATURE CHART (with temperature readings connected to make a graph)

RECORD THESE OBSERVATIONS & SITUATIONS DAILY:

MUCUS:

dry	liquid	clear
moist	slippery	opaque
wet	spinn	yellow
sticky	thick	scant
tacky	lubricative	abundant
spotting		

OTHER OBSERVATIONS:

cervix changes	breast changes
abdominal pain	mood changes
sickdays	

SITUATIONS THAT CAN ALTER TEMPERATURE:

soar throat	vomiting	activity
cold, flu	diarrhea	traveling
fever	anxiety	toothache
sunburn	medications	alcohol
elec. blanket	sleep disturbances	

x = YOUR PERIOD
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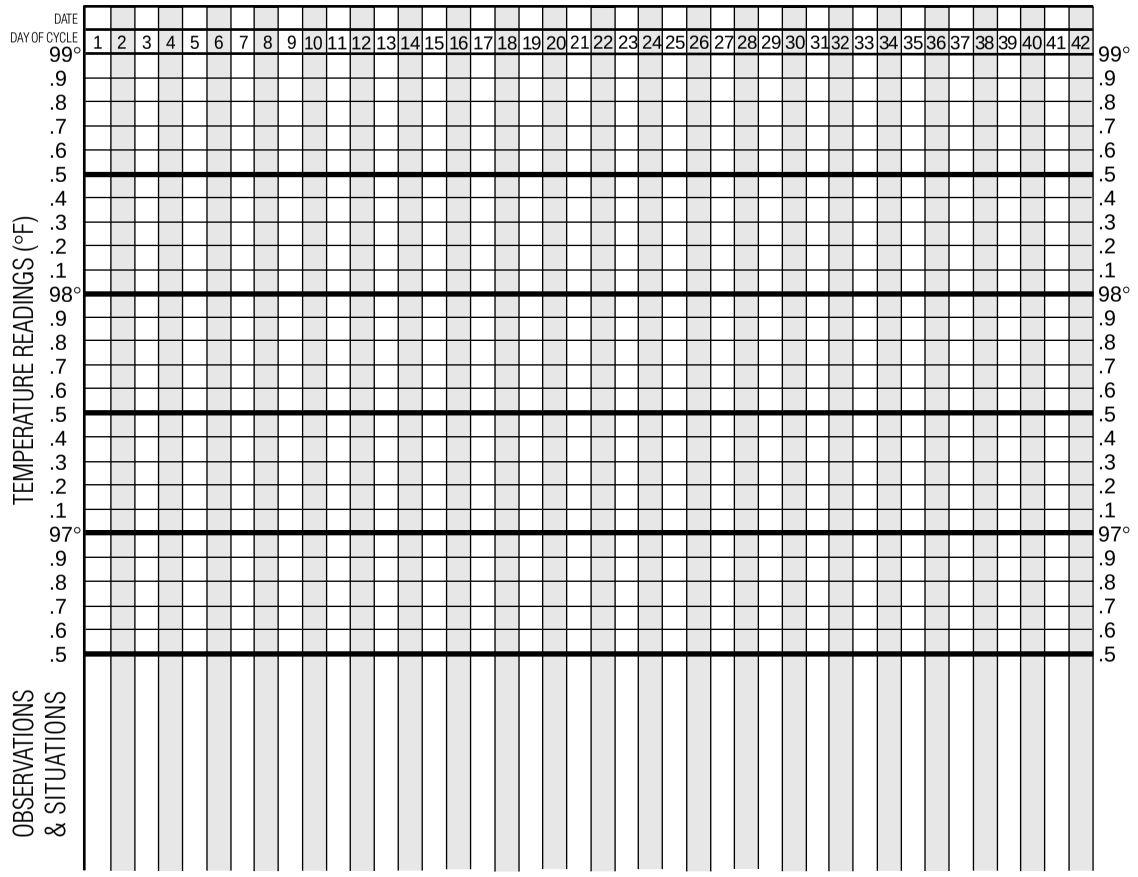

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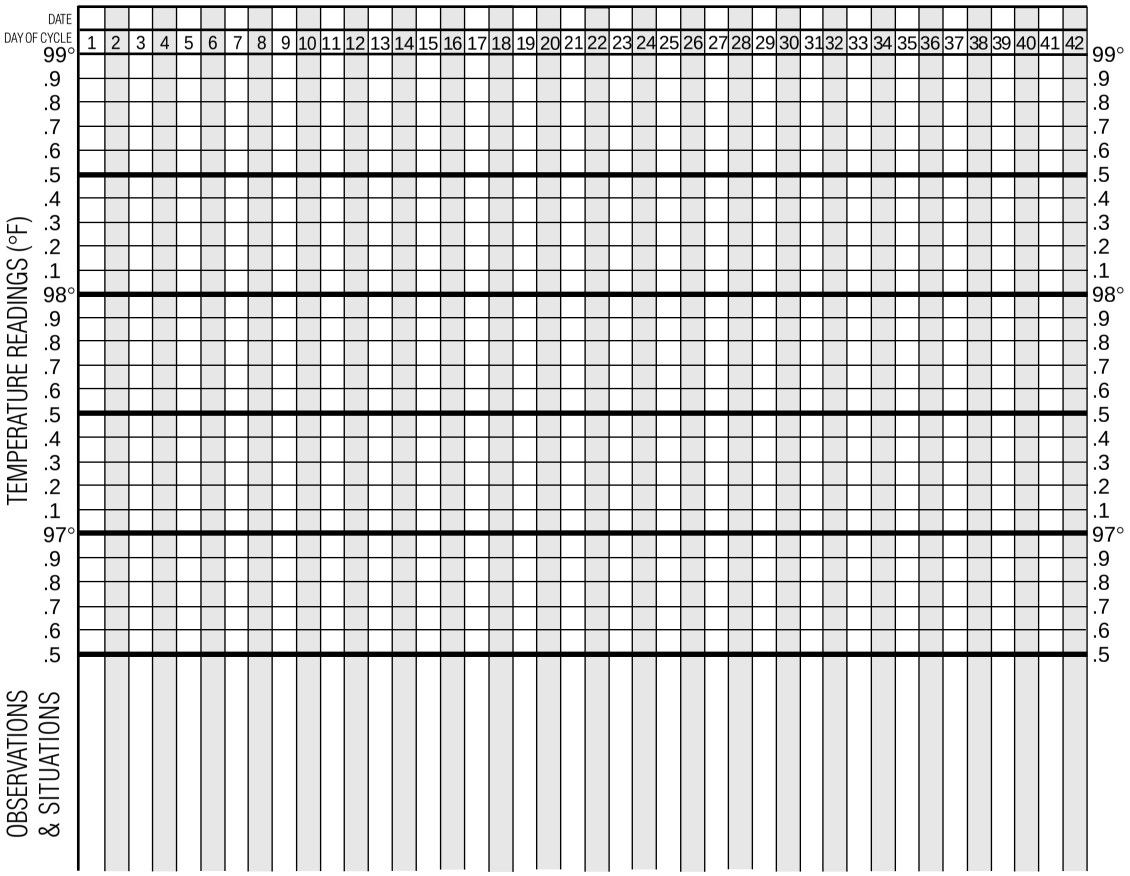

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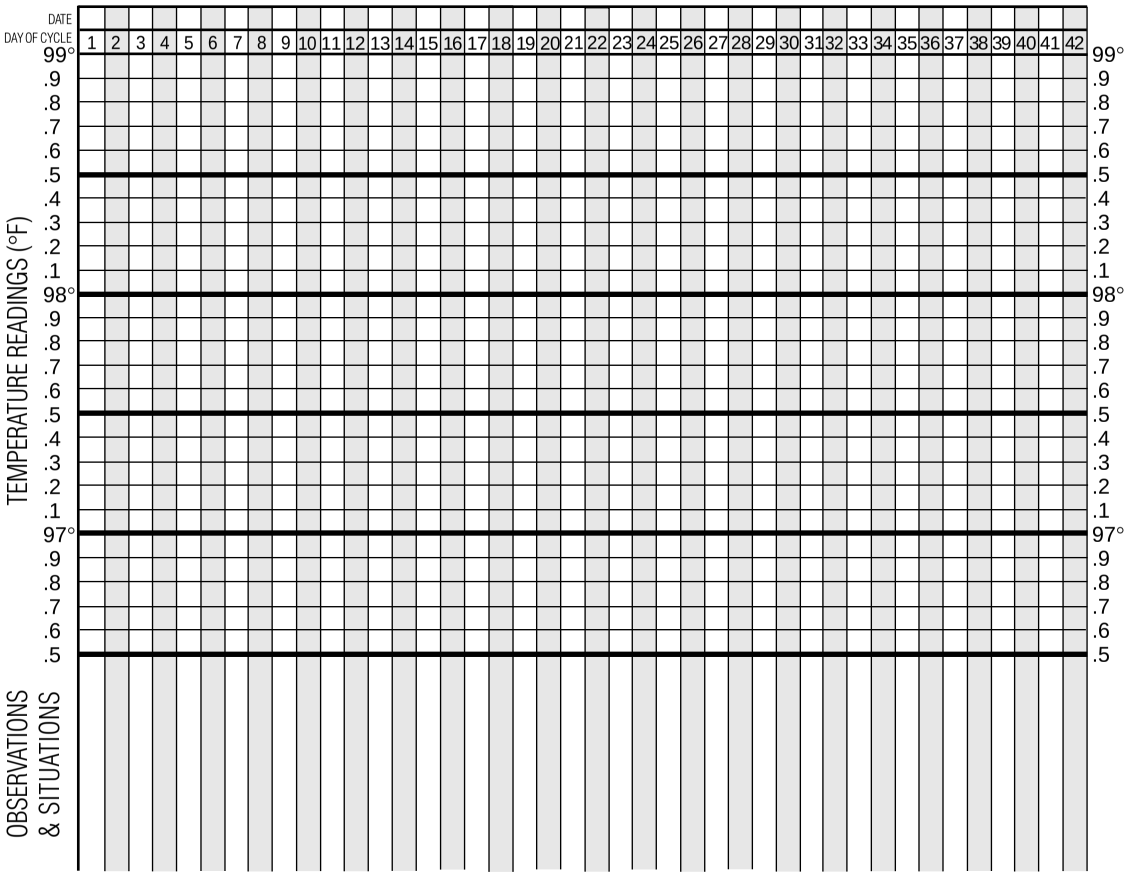

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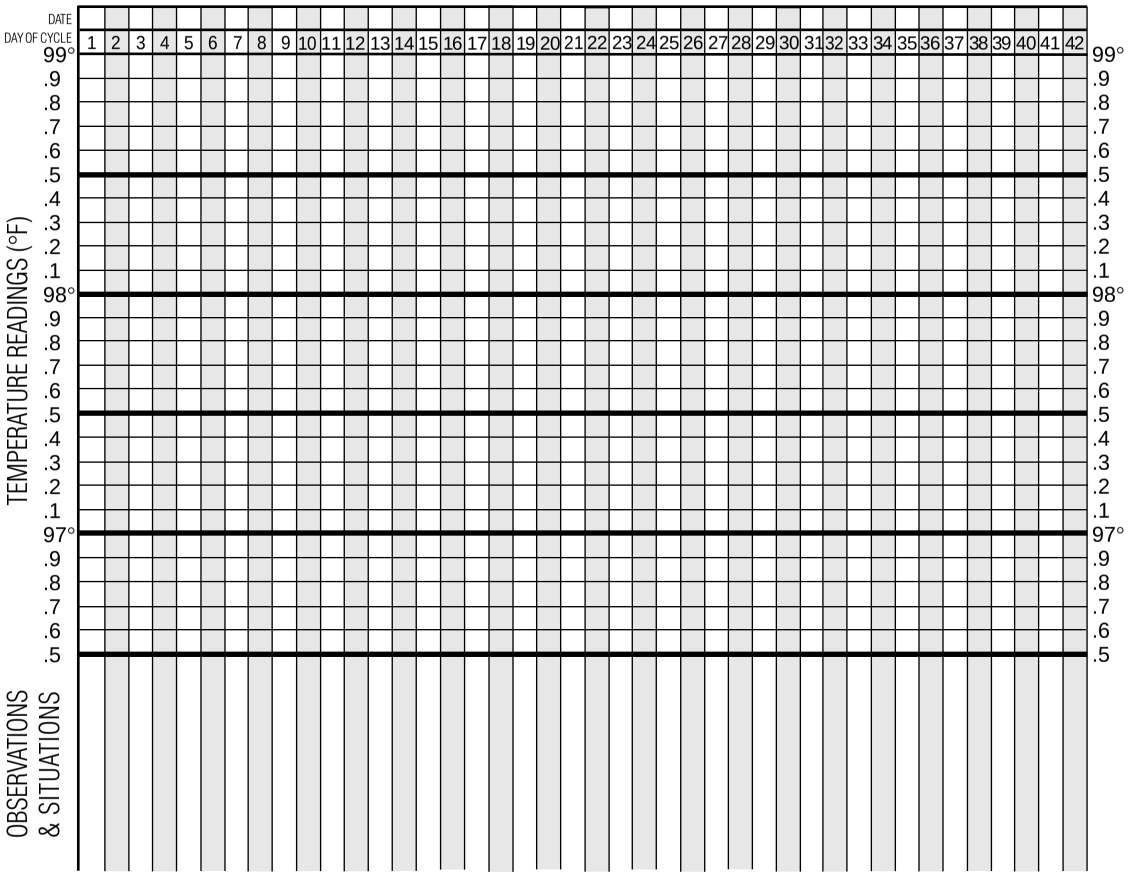

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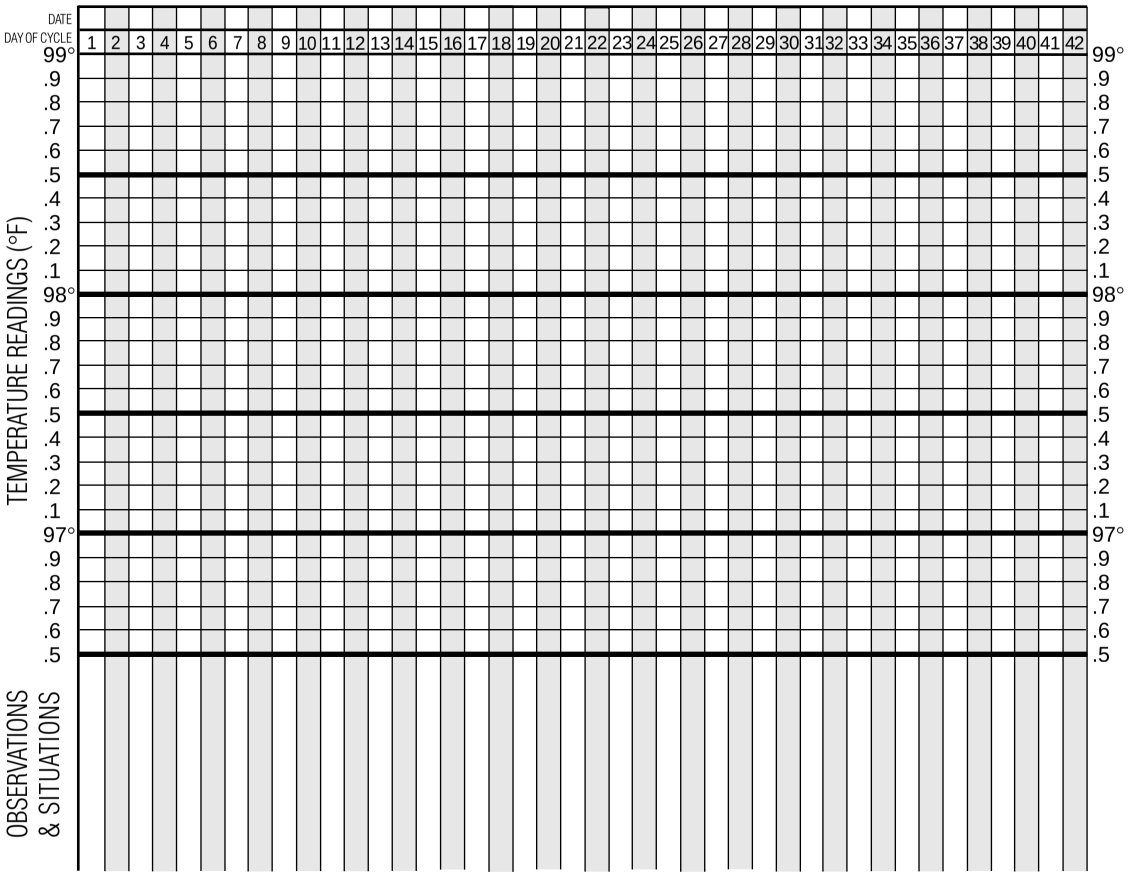

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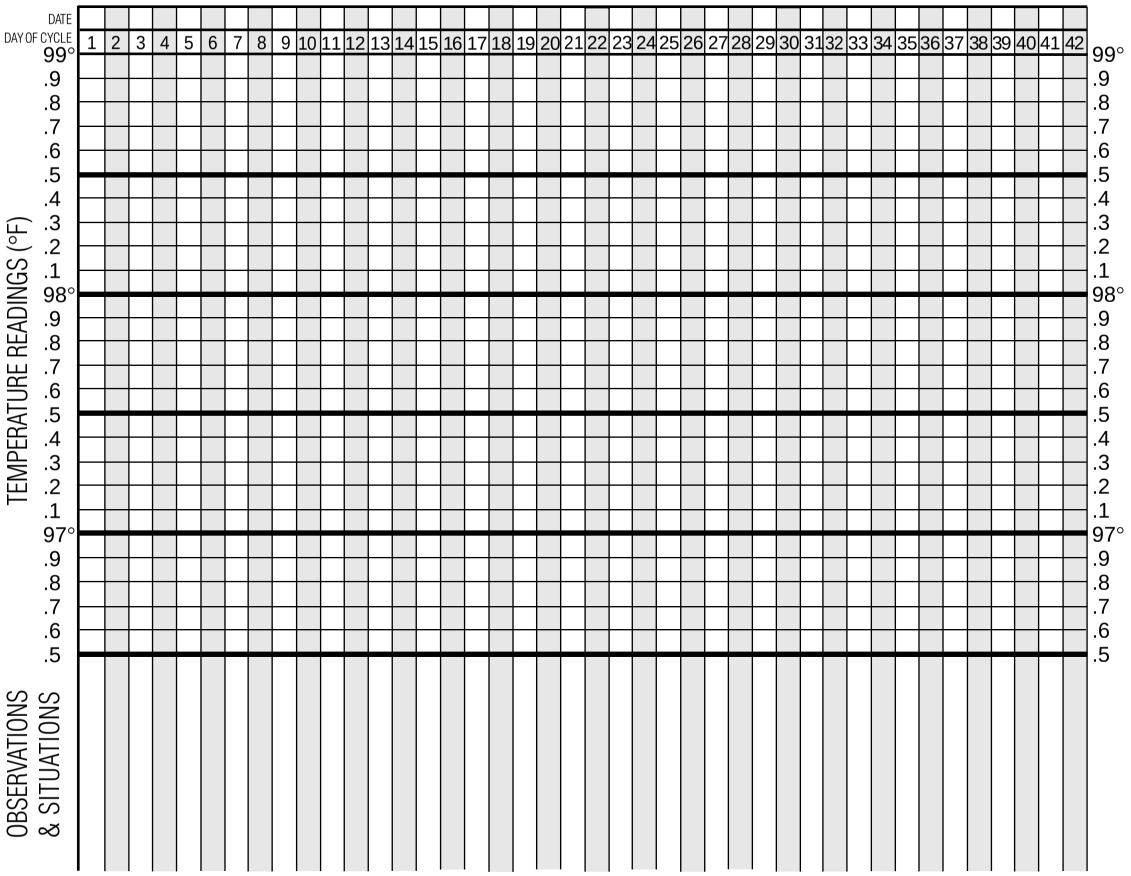

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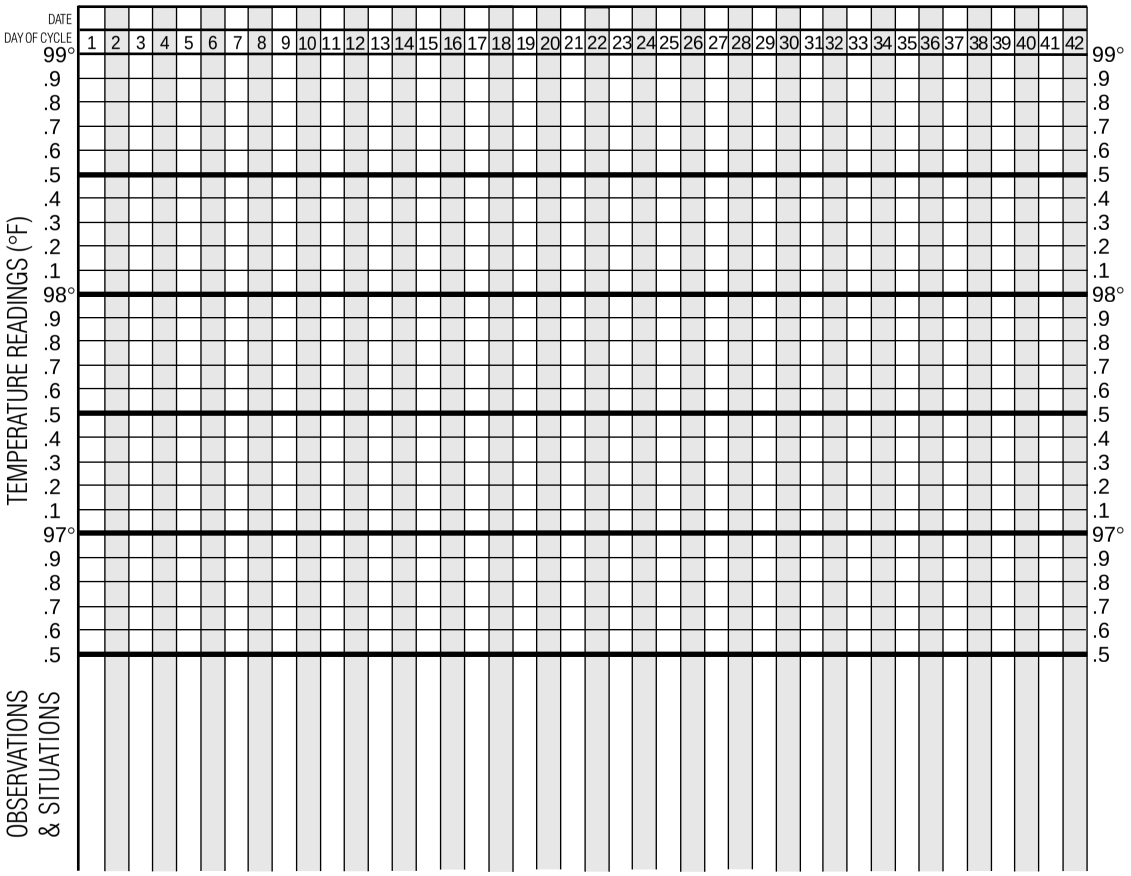

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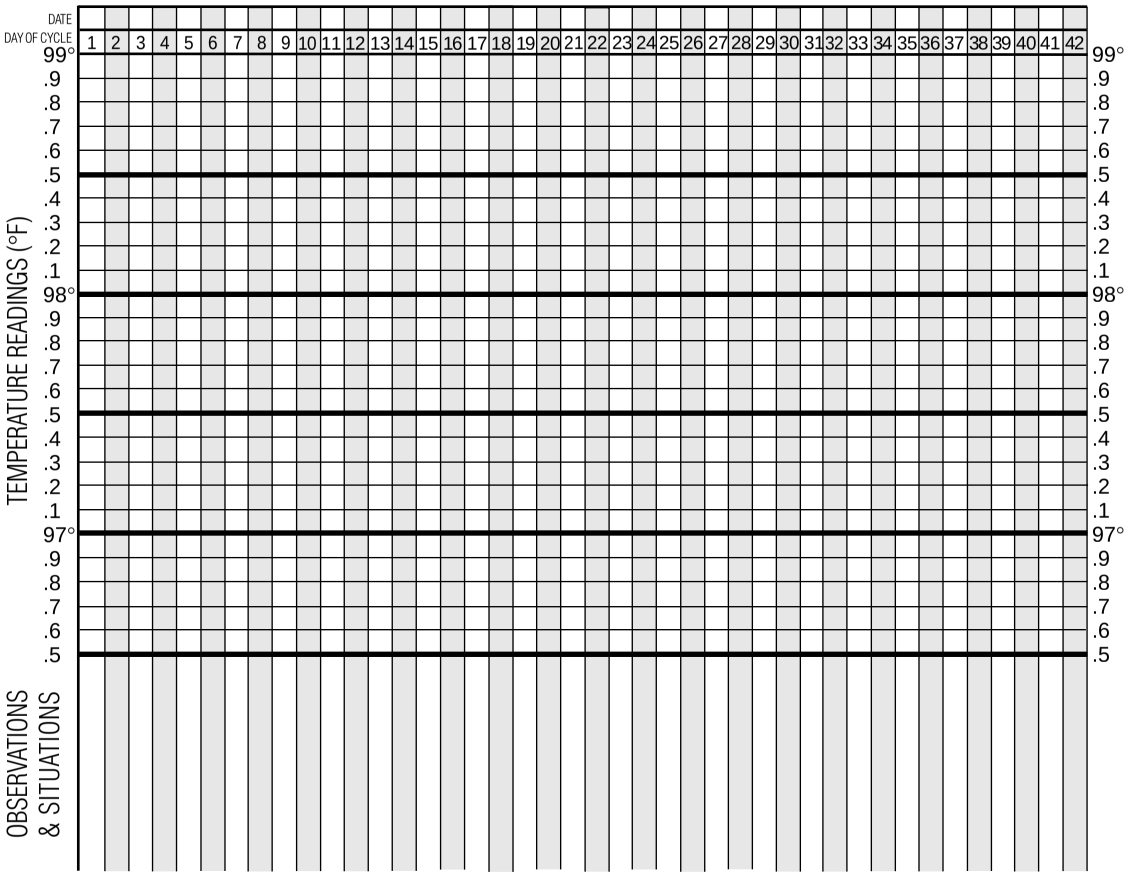
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